

AFRH - G / Master Menus Week of 12 / 19 / 2022 / Cycle 4 - REGULAR LINE

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Dec 19th	Donuts / Bran Muffins / Apple Fritters Assorted Danishes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon / Shredded Hash Browns French Toast Made to Order on the Grill Biscuits / Sausage Gravy	Roasted Poblano & Beef Soup Navy Bean Soup Tuna Salad Barbeque Chicken Home Style Mac & Cheese Sautéed Cabbage Seasoned Cut Green Beans Parker House Rolls / Cornbread	Roasted Poblano & Beef Soup Navy Bean Soup Assorted Deli Meats / Cheeses Beef Stew w/Potatoes & Carrots Steamed White Rice Sautéed Rutabagas California Blend Veggies Brown&Serve Rolls / Sliced Bread
T U E S Dec 20th	Donuts / Bran Muffins / Apple Fritters Assorted Coffee Cakes Oatmeal / Grits Eggs to Order (Crm Chip Beef When Available) Eggs - Scrambled / Hard Boiled Smoked Rope Sausage Links Lyonnaise Potatoes Biscuits / Country Gravy	Cream of Broccoli & Turkey Lentil Soups Strawberry Spinach Salad Baked Salmon / Cucumber Sauce Prime Rib / Bordelaise Sauce / Au Jus Baked Potato w/Sour Crm/Butter Lemon Garlic Roasted Brussel Sprouts Bermuda Blend Vegetables Parker House Rolls / Assorted Sweets	Cream of Broccoli Turkey, Spinach & Lentil Soup Assorted Deli Meats / Cheeses Herb Baked Fish / Sliced Rst Beef Hashbrown Casserole Steamed Asparagus Cape Cod Blend w/ Toasted Pine Nuts Dinner Rolls / Sliced Bread
W E D Dec 21st	Donuts / Bran Muffins / Apple Fritters Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks / Baked Beans Buttery Diced Potatoes Corn Muffins / Biscuits / Country Gravy	Chili Bean Soup / Pimento Cheese Cheesy Taco Soup Assorted Sliced Chicken Wraps Assorted Pizza Slices Diced Ranch Potatoes Corn on Cob / Whole Kernel Corn Tomato Chick Pea Salad Slider Rolls / Cornbread	Chili Bean Soup / Pimento Cheese Egg Drop Soup Assorted Deli Meats / Cheeses Beef & Broccoli w/ Lo Mein Noodles / Fried Egg Rolls Sautéed Sliced Carrots Sugar Snap Peas Parker House Rolls / Sliced Bread
T H U R Dec 22nd	Donuts / Bran Muffins / Apple Fritters Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Patties / Shred Hash Browns Pancakes / Strawberry Topping Biscuits / Country Gravy	Kansas City Steak Soup Split Pea w/Ham & Carrots Soup Chicken Tenders w/ Assort Dips Meatloaf with Gravy on the Side Mashed Potatoes w/ Brown Gravy Stuffed Garlic Portabella Mshrms Caribbean Blend Veggies Yeast Rolls / Cornbread	Kansas City Steak Soup Split Pea w/Ham & Carrots Soup Assorted Deli Meats / Cheeses Fried Pork Chops Egg Noodles w/Cabbage & Gr Peas Stewed Tomatoes w/ Onions Purple Hull Peas w/ Baked Okra on Side Yeast Rolls / Sliced Bread
F R I Dec 23rd	Donuts / Bran Muffins / Apple Fritters Assorted Danishes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Ground Beef Home Fried Potatoes Biscuits / Country Gravy	Creamy Chicken & Wild Rice Soup Tomato Florentine Soup Chicken Salad Fried Shrimp w/Cocktail/Tartar Sauce Spinach & Onion Au Gratin Pot Southern Okra Succotash Squash Casserole Hoagie / Hushpuppies/ Cornbread	Creamy Chicken & Wild Rice Soup Tomato Florentine Soup Assorted Deli Meats / Cheeses Beef Strips 'n Mushroom Cream Sauce Mashed Potatoes & Mshrm Cream Gravy Grilled Veggie Medley Buttered Cauliflower with Parsley Brown&Serve Rolls / Sliced Bread
S A T Dec 24th	Donuts / Bran Muffins / Apple Fritters Honey Bun Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash Shredded Hash Brown Potatoes Biscuits / Sausage Gravy	Home Style Chicken Noodle Soup Corn & Potato Chowder Crispy Battered Pollock Filet with Lemon Wedges & Tartar Sauce Barbeque Baby Back Ribs Steak Fries BBQ Baked Beans / Coleslaw Yeast Rolls / Cornbread	Home Style Chicken Noodle Soup Corn & Potato Chowder Assorted Deli Meats / Cheeses Ground Beef and Tomato Lasagna / Cheesy Rosemary Bread Caesar Salad Sautéed Fresh Zucchini Chunks Garlic Bread / Sliced Bread
S U N Dec 25th	Donuts / Bran Muffins / Apple Fritters Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks / Cheesy Diced Pot Waffles / Banana Topping Biscuits / Country Gravy	**Christmas Meal** Seafood Gumbo Shrimp Cocktail / Strawb. Spinach Salad Roasted Turkey / Cornbread Dressing Beef Tenderloin Medallions Twice Baked Potato Casserole Green Peas / Spinach Vrazel Corn Pudding / Green Bean Almandine Parker House Roll / Assorted Sweets	Vegetable Soup Chicken & Sausage Gumbo Assorted Deli Meats / Cheeses Sweet & Sour Hawaiian Chicken Hawaiian Coconut Rice Buttered Broccoli Florets Ginger Honey Roasted Baby Carrots Slider Rolls / Sliced Bread

	DESSERTS - REGULAR LINE	DESSERTS - DIET LINE	DAILY SHORT ORDER LINE - LUNCH ONLY
Mon	Strawberry Short Cake w/ Sgr + w/ NSA	NSA Coconut Cream Pie	Grilled Hamburgers w/ Buns / Sliced Cheese
Tue	M & M Cookies	Assorted SF Cookies	Grilled Hot Dogs w/ Buns / Chili / Cheese Sauce
Wed	Orange Cake	Fresh Fruit Cups	Grilled Chicken Breast w/ Corn Rolls
Thu	Peanut Butter Chocolate Pie	Angel Cake w/Fruit Cocktail	Grilled Cheese Sandwiches on White or Wheat
Fri	Key Lime Pie	NSA Peach Pie	Condiments: Green Leaf Lettuce / Sliced Tomatoes
Sat	Chocolate Cookies	Assorted SF Cookies	Sliced Red Onions / Dill Pickle Slices
Sun	Blueberry Almond Bread Pudding	Tropical Fruit Cups	Horseradish / Bacon / French Fried Potatoes